

Everyday Wellness

Ready to Transform Your Health?

Join our **12-Week Everyday Wellness Program**

Discover how to make lasting changes to improve your health and wellbeing!
This engaging group diabetes prevention class will empower you with the knowledge and tools you need to succeed.

What You'll Learn:

- **Healthy Eating:** Simple and sustainable nutrition tips
- **Physical Activity:** Strategies to get moving and stay active.
- **Stress Management:** Techniques to handle stress and improve mental wellbeing.
- **Behavior Change Tools:** Practical steps to set goals and stay motivated.

Why Join?

- Build habits that stick.
- Receive support from a knowledgeable coach and a group of peers.
- Be a part of a pilot project and be reimbursed for your time.

Program Details:

- **Duration:** 12 weeks
- **Format:** Zoom meetings
- **When:** Tuesdays, starting September 23, 2025, 5:30-6:30 p.m.
- **Information Meeting:** Monday, September 15, 2025, 5:30 p.m.

Who Can Join?

You are eligible to enroll if you:

- Are 18 years of age or older
- Are not pregnant
- Have pre-diabetes (not diabetes)
- Have a BMI of 25 or greater

Enroll Today!

Take the first step toward a healthier you. Spots are limited, so don't wait!
Follow [this link to register](#) or contact us for more info: kunke003@umn.edu.

